



# Pentagram

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## Pepin assumes command of JTF-NCR, MDW

**By Joint Task Force-National Capital Region and U.S. Army Military District of Washington Communication Office**

On Tuesday, Maj. Gen. Allan M. Pepin assumed command of the Joint Task Force-National Capital Region and U.S. Army Military District of Washington from Maj. Gen. Omar Jones IV during a ceremony in Joint Base Myer-Henderson Hall's Conmy Hall.

Hosts for the time-honored tradition of transferring authority and responsibility from one commander to another were Air Force Gen. Glen D. VanHerck, commander of the U.S. Northern Command and North American Aerospace Defense Command, and Gen. James C. McConville, chief of staff of the Army.

"Today, we celebrate the leadership of Maj. Gen. Jones and the achievements of this team," said McConville. "I had complete trust in your leadership during very challenging, very critical times. You stood strong, you stood ready, and stellar during some of the highest demands."

During the ceremony, the colors representing JTF-NCR and MDW passed from the outgoing commander, Maj. Gen. Omar J. Jones IV, to the incoming commander, Pepin.

"(Maj. Gen. Pepin) is an incredible leader," said VanHerck. "You're amazing experience over three plus decades has you ready for this challenge. I would tell you there's no mission more noble than defending one's homeland. As you took the guidon today, I hope you look back and understand the importance and the value that we place on our homeland and nation's capital."

Pepin succeeded Omar, who has served as the commanding general of the dual-hatted command since June 2019.

"My time with the MDW has truly been the



*Photos by Sgt. Gabriel Silva*

Maj. Gen. Allan M. Pepin assumes command of the Joint Task Force-National Capital Region and the United States Army Military District of Washington from Maj. Gen. Omar J. Jones IV during a change of command ceremony at Conmy Hall on Joint Base Myer-Henderson Hall, Virginia Tuesday. The ceremony was hosted by Air Force Gen. Glen D. VanHerck, commander of United States Northern Command and North American Aerospace Defense Command, and Gen. James C. McConville, 40th chief of staff of the United States Army.

most fulfilling and humbling," said Jones. "During truly unprecedented times, these Soldiers continued to be the guardians of our nation's capital, be the face of our military, the face of our Army, representing the discipline, tradition and professionalism of over two million Americans in uniform today.

"The Soldiers on the floor today represent the thousands of Soldiers, Airmen, Sailors,

Marines and Coast Guardsmen and civilians and the Families that serve in our 12 Army commands, our four joint commands and in the joint headquarters. To all of you, thank you. It has been my honor to serve in your ranks and to take the marks with you."

Commander of troops for the ceremony was the 3d U.S. Infantry Regiment (The Old Guard) commander, Col. Patrick M. Roddy, Jr., and Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) and The United States Army Band "Pershing's Own" were the participating units.

"To the great Soldiers in front of you from the Old Guard and Pershing's Own who represent the entire Joint Task Force-National Capital Region and the Military District of Washington, thank you for your support, high standards, and the professional execution of this ceremony," said Pepin. "I'm humbled and honored to join your ranks today as well as look forward to our future missions and serving with you, for you, and each one of you."

Pepin most recently served as the deputy commanding general of the U.S. Army Special Operations Command. His previous assignments include a variety of command and staff positions along with multiple rotations in support of Operation Enduring Freedom and Operation Iraqi Freedom. He received his commission through the ROTC program and graduated from Wentworth Institute of Technology in Boston.

Prior to the ceremony, Jones received an Army Distinguished Service Medal in recognition of his leadership. Jones will serve as the deputy commanding general of U.S. Army Installation Management Command in his next assignment.



Maj. Gen. Allan M. Pepin assumes command of the Joint Task Force-National Capital Region and the United States Army Military District of Washington from Maj. Gen. Omar J. Jones IV during a change of command ceremony at Conmy Hall on Joint Base Myer-Henderson Hall, Virginia Tuesday. The ceremony was hosted by Air Force Gen. Glen D. VanHerck, commander of United States Northern Command and North American Aerospace Defense Command, and Gen. James C. McConville, 40th chief of staff of the United States Army.



# Department of Defense extends uniformed services identification card expiration policy guidance

The Department of Defense remains committed to ensuring the health and safety of all DOD personnel and beneficiaries and ensuring their continued access to health care and all authorized benefits. In its ongoing response to the COVID-19 pandemic and its impact on identification card site operations, effective immediately, the DOD is extending temporary Uniformed Services ID card expiration policy guidance for all USID cards with expiration dates between Jan. 1, 2020 and July 31 as follows:

- Through Aug. 31 for all foreign affiliates and their dependents
  - Through Oct. 31 for the dependents of active duty uniformed service members, and Reserve and National Guard uniformed service members and their dependents
  - Through Jan. 31, 2022, for retirees and their dependents, and all other USID card populations.
- ID cards that expired prior to Jan. 1, 2020, have not been extended and must be replaced.

ID cards with expiration dates after July 31 must be replaced by their expiration date.

To learn more about the extension of policy guidance for expiring USID cards, visit the DOD Response to COVID-19 - DOD ID Cards and benefits website at <https://www.cac.mil/Coronavirus/> for a fact sheet and FAQs.

To schedule an appointment to have an ID card reissued, visit the ID card office online website at <https://idco.dmdc.osd.mil/idco/>, and select the ID card office locator and appointments option.

## Plan for the heat to eliminate illness

By Col. Eric Olins  
Command Surgeon U.S. Army  
Combat Readiness Center

With summer fast approaching, leaders and Soldiers should be considering hot weather hazards. Heat illnesses, including heat exhaustion and heat stroke, degrade mission effectiveness and can happen during any month, but most occur between June and July.

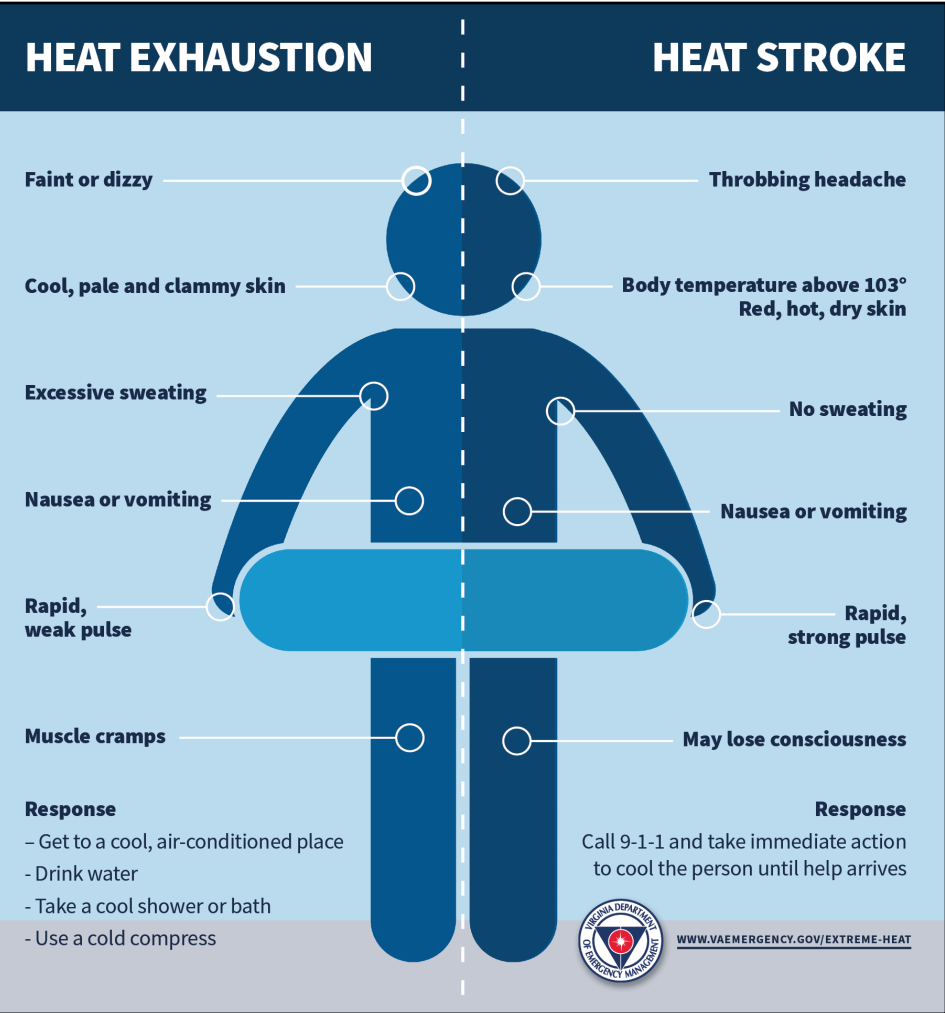
The Army Public Health Center reported 1,423 heat illness cases (1,229 heat exhaustion and 194 heat stroke) in 2020 and 2,095 heat illness cases (1,695 heat exhaustion and 400 heat stroke) in 2019. The COVID-19 pandemic and limitations on activities and training in 2020 probably account for some of the decrease in heat illness cases. Leaders at all levels must be familiar with the principles of risk management to properly identify and mitigate operational hazards, including environmental conditions.

Key to this task is ensuring Soldiers and subordinate leaders know the methods for preventing heat illness, use the risk management process to mitigate hazards associated with working and training in the heat, and have and rehearse a detailed plan for responding to individuals suffering from heat illness. The first step in mitigating the risk of training and working in the heat is to understand the underlying hazards. Leaders should evaluate environmental factors including temperature, humidity, wind, solar load and the number of days with high heat and humidity. They should also evaluate each task for required intensity level and exertion, load to be carried, and total days of repeated strenuous activity. Individual Soldier factors matter as well, including acclimatization to heat and humidity, fitness level,

age (younger than 20 or older than 40), nutrition and hydration status and underlying minor illnesses (fever, colds, nausea or vomiting). Prescribed or over-the-counter medications and supplements, hours of sleep, alcohol use, history of prior heat illness, skin disorders preventing effective sweating (heat rash and sunburn), body mass index (overweight or obese) and motivation to complete the mission or task are also factors.

In the absence of other risk factors, highly motivated Soldiers can be at increased risk of becoming a heat casualty. The next step is to implement controls that decrease the risk of heat illness. Leaders must monitor and record the Wet Bulb Globe Temperature and adjust work/rest cycles based on work intensity. One example control is rescheduling events to times with cooler temperatures and decreased humidity. In addition, leaders should schedule time for their Soldiers to acclimate to hot and humid weather. Acclimation generally requires 10 to 14 days of moderate to vigorous aerobic activity; physically fit Soldiers acclimate faster. It also increases sweating, so proper hydration and nutrition are paramount to preventing heat illness. Soldiers should not skip meals or overhydrate, which can cause hyponatremia (low sodium), a serious illness. One quart of water per hour is sufficient under most conditions, but Soldiers should never exceed 1.5 quarts per hour with very strenuous work or 12 quarts per day. The APHC's Work/Rest Times and Fluid Replacement Guide is an excellent resource at <https://ephc.amedd.army.mil/HIPECatalog/viewItem.aspx?id=705>.

Most of all, leaders must know their Soldiers. Those with previous heat illness require careful



monitoring, and all Soldiers must be watched for symptoms of heat injury. Common signs include dizziness, headache, nausea, unsteady gait, weakness or fatigue and muscle cramps. More symptoms that are serious include vomiting, involuntary bowel movement, convulsions, hyperventilating, rapid or weak pulse and unresponsiveness or coma. Heat exhaustion and heat stroke require rapid recognition, treatment and evacuation to definitive medical care, and the response plan must be understood and rehearsed by all leaders and Soldiers. Rapid cooling, whether from ice sheets or cold-water immersion stations, should be part of the plan. Soldiers with symptoms of heat illness should be placed in the shade with their clothing and boots loosened. If conscious, a

heat casualty may receive small sips of water not to exceed 1 liter. Suspected heat stroke (confusion or other signs of altered mental status) is a life-threatening medical emergency and requires rapid cooling and evacuation to definitive medical care. Never prolong initial treatment in the field — immediately call 911 or follow the request for evacuation procedures in a field environment.

All Soldiers with suspected heat illness must be evacuated for evaluation and treatment by medical personnel. Leaders must ensure all heat illnesses treated beyond first aid are reported via the Army Safety Management Information System 2.0 at <https://mishap.safety.army.mil>. Army Regulation 385-10, The Army Safety Program, defines first aid.

### Pentagram



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Col. David Bowling  
Commander  
Command Sgt. Maj. Matthew Majeski  
Command Sergeant Major  
Julia Simpkins  
Command Information Officer

Catrina Francis  
Editor  
Emily Mihalik  
Graphic Artist  
Sgt. Austin Boucher  
Staff Photographer



## DPW volunteers participate in DOD's 'Clean the Bay'

Compiled by Catrina Francis  
Pentagram Editor

On June 4, four volunteers from Joint Base Myer-Henderson Hall's Directorate of Public Works Environmental Management Division participated in a joint Department of Defense's Chesapeake Bay Program — Clean the Bay.

The goal of the Clean the Bay Day is to protect the health of the Chesapeake Bay by cleaning up areas that drain to the bay on installations throughout the Chesapeake Bay watershed. While JBM-HH does not have shoreline property, all of JBM-HH's stormwater inlets eventually drain to the Chesapeake Bay.

"Therefore, it is still vitally important to collect trash before it enters stormdrains, nearby creeks and other waterbodies," said coordinator of the event. "As part of these efforts, JBM-HH and (Arlington National Cemetery) participants conducted a cleanup of areas along both sides of the JBM-HH/ANC property boundary, specifically the fence line between Bldgs. 325 and 330 and ANC's Section 78. As a result of the cleanup in this area, approximately 245 pounds of trash in seven large bags and approximately 1 cubic yard of scrap metal was removed from this area."

The volunteers also cleaned the bioretention areas in the Old Post and Memorial chapel's parking lot, the bioswales in the fitness center parking lot, the DPW 447 storage yard and areas around DPW's Bldgs. 306 and 312.

Because of the cleanup in these areas, enough trash to fill approximately six large bags and several larger pieces of scrap metal were removed from the stormwater management facilities and areas around DPW's buildings.

According to the Chesapeake Bay founda-



*Photo by Tony Taylor*  
Jenny Tolbert cleans trash from the bioretention area in the Old Post Chapel parking lot. Styrofoam food containers, plastic bags and many cigarette butts were removed from the bioretention areas on base.

tion, Clean the Bay — a long-standing Virginia tradition 33 years in the making — inspires individuals to do just that. The annual event also introduces participants to some of the greater, unseen problems the bay watershed faces such as degraded habitat, polluted runoff, and nitrogen and phosphorus pollution.

"Clean the Bay Day shows us that we all

can be environmental stewards of our waters," according to the foundation.



*Photo by Stacey Rosenquist*

Event participants from JBM-HH and ANC clean up the area near JBM-HH's Bldgs. 325 and 330 and ANC's Section 78. Numerous plastic bags, foil snack bags, plastic bottles and cigarette butts were removed from the mud and creek running along the wall, preventing them from further impacting the local water quality and wildlife. These materials and other litter can smother aquatic plants and animals and add contaminants to the water.



*Photo by Stacey Rosenquist*  
One cubic yard of scrap metal collected from the area near JBM-HH's Bldgs. 325 and 330 and ANC's Section 78.



# Army public health experts say vigilance still needed in COVID-19 pandemic

By Chanel Weaver  
Army Public Health Center  
Public Affairs

With President Joe Biden’s goal of having 70% of American adults partially or fully vaccinated against COVID-19 by July 4, many Americans are starting to see the light at the end of the tunnel for the COVID-19 pandemic. Recent guidelines from the Centers for Disease Control and Prevention that lift certain restrictions for fully vaccinated personnel are giving many individuals hope of life returning back to prepandemic days.

In compliance with CDC guidelines, many Army installations are also lifting restrictions for fully vaccinated personnel. These individuals can resume activities without wearing a mask, except where local policies require mask use; travel domestically without testing or quarantining; and avoid quarantine if exposed to a person with COVID-19.

So what is a fully vaccinated person? Army physicians offer this definition:

“An individual is considered fully vaccinated when (he or she has) completed the required number of doses for the vaccine type they are receiving, and a minimum of two weeks has passed since their final dose of the vaccine was received,” said Dr. Raul Mirza, director of the Clinical Public Health Directorate at the Army Public Health Center.

Although rates of COVID-19 infection are at levels not seen since early in the pandemic, Army public health experts said vigilance is still needed to sustain control of COVID-19 and to prevent future surges.

“Fully vaccinated individuals should continue to isolate if they develop COVID-19 symptoms and stay at home if they’re sick,” said Dr. Steven Cersovsky, deputy director of the Army Public Health Center. “They should also respect local and business policies; respect

others’ personal decision to continue to wear a mask or stay distanced; and take steps to protect themselves and others while travelling, such as wearing a mask when using public transportation.”

Army experts said that some workplaces might need to maintain certain rules, depending on the circumstance.

“Supervisors may make exceptions to require vaccinated personnel to wear face masks as necessary to ensure a safe work environment,” said Mirza.

Although many studies demonstrate that the Pfizer and Moderna vaccines are 94% effective against symptomatic COVID-19 infection, the risks of SARS-CoV-2 infection in fully vaccinated people cannot be eliminated.

Army experts also said that people who have underlying medical conditions might also need to take additional precautions.

“People who have a condition or are taking medications that weaken the immune system should talk to their health care provider to discuss their activities,” said Mirza. “They may need to keep taking precautions, including masking and social distancing, to prevent COVID-19, regardless of their vaccination status.”

Army experts say that personnel who are not fully vaccinated must continue to follow applicable mask guidance, including continuing to wear masks indoors.

“Wearing a mask has been, and continues to be, a cornerstone to reduce COVID-19 transmission,” said Mirza.

Additionally, public health professionals said many studies show that those who have been vaccinated have a smaller chance of spreading COVID-19 to other individuals.

“Data suggest that vaccinated people may have up to a four-fold lower viral load than unvaccinated people when infected with SARS-CoV-2,” said Cersovsky. “This means they are less likely to transmit disease, as viral load is a key



*Photo by Graham Snodgrass*  
A Soldier receives a COVID-19 shot at the Kirk Army Health Clinic at Aberdeen Proving Ground, Maryland, Jan. 12. Army public health professionals said that many studies show that those who have been vaccinated have a smaller chance of spreading COVID-19 to other individuals.

driver of transmission.”

Cersovsky also stated that occurrence of asymptomatic infection among vaccinated trial participants was approximately two-thirds lower after their first dose than those who received the placebo.

“This is further strong evidence that vaccination greatly reduces

transmission,” he said.

For more information on guidance for vaccinated and unvaccinated individuals, visit the Army Public Health Center at <https://phc.amedd.army.mil> or the U.S. Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).







**Virtual play morning**

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

**Baby bundles**


Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.


**ACS YouTube channel**

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, and click “Subscribe” and continue to receive resources available whenever.





**2021 ANDREW RADER U.S. ARMY HEALTH CLINIC  
COVID-19 VACCINATION CLINIC**



- **COVID-19 Vaccination Campaign Update:**  
The **COVID-19** vaccination clinic has moved to the Andrew Rader Clinic **Readiness Section**
- **WHO:** All Active Duty, eligible Tricare beneficiaries age 18 and up, and eligible DoD Civilians/contractors.
- **WHEN:** Monday through Thursday from 8am to 2:30pm by appointment only. There is no walk-in availability.
- For additional updates on the Joint Base Myer Henderson Hall Covid-19 Vaccination campaign, please call our automated hotline at **703-696-2994**.

**HOW:** COVID-19 Vaccines are appointment only. There are two ways to schedule an appointment.

- Visit the ARUSAHHC COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or Through Tricare online at <https://www.tricareonline.com>





Baby Boot Camp is an all-day class designed to teach parents all that they will need for the first few weeks at home with their infant. The class covers such topics as:

- **DIAPERING** • **BOTTLE AND BREASTFEEDING**
- **HOW TO SOOTHE A FUSSY INFANT** • **SAFE SLEEP**
- **WHEN TO CALL THE DOCTOR** • **AND MUCH MORE!**



LIVE at Henderson Hall, Bldg 12  
830 am -130 pm  
Friday June 18  
Register by calling 703 614-7204

New Parent Support Program  
**703-614-7204**  
[mccsHH.com/npsclasses.html](https://mccsHH.com/npsclasses.html)





**The  
giant  
voice  
can save  
lives**

**Which is why  
we test it  
Tuesdays at  
10:15 a.m.  
on Fort McNair**



# You're absolutely right

By Retired Chaplain (Brig. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains

Two men who lived in a small village got into a terrible dispute that they could not resolve. So, they decided to talk to the town sage. The first man went to the sage's home and told his version of what happened. When he finished, the sage said, "You're absolutely right." The next night, the second man called on the sage and told his side of the story. The sage responded, "You're absolutely right." Afterward, the sage's wife scolded her husband. "Those men told you two different stories and you told them they were absolutely right. That's impossible — they can't both be absolutely right." The sage turned to his wife and said, "You're absolutely right."

Too often, it is either wrong or right. Take a relationship, any kind, when two people begin a discussion and each trying to be a winner on whatever the point is discussed. It starts easy and conversationally, but soon, each are trying to disprove the other, even to the point of degrading the other. Listening is no longer part of the discussion. Understanding isn't even considered. It is all about being right and the other wrong. In fact, often the topic discussed is no longer relevant and is only a minor point. This is where relationships and even important issues of life are dismissed and destroyed.



Why can't both be right? No, not in everything, but in some ways that makes each of them the winner at the end of the discussion. How? First, there is grain of truth in some way each person has on any topic. There is something each can learn from the other if there is listening and attempt to understand is part of the attitude. No one or any group knows or is right about everything. We'll leave that up to God. Otherwise, we need to be open

to discovery, knowledge and understanding from others even if we don't necessarily agree with everything. Two men lived in a large city and were neighbors. They got into a terrible dispute that they could not resolve. So, they decided to talk to an older wiser man who lived near them that had a reputation for his patience and faith in people. After each trying to prove their point to the wiser man, he responded, "You're absolutely right!" "How can you say that?" each man said, "Because" said the sage, "I heard not only what you are saying, but why. There is truth in each one of you if you but be humble enough to listen." And so, they departed with respect and understanding to continue really listening to each other. Their hearts were at peace even though there would always be differences.

No matter what you believe in faith, politics, raising children or how to cook a steak, you're absolutely right!

JBM-HH Religious Services are on a weekly basis at Memorial Chapel.  
To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhroso> or email the Religious Support Office at [usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil). Services are subject to cancellation in the event of inclement weather.

Catholic Mass

Protestant Service

Gospel Service

Samoan Service

Saturday at 5 p.m. and Sunday at 8:30 a.m.

Sunday at 10:30 a.m.

Sunday at 12:30 p.m.

Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass

General Protestant

Gospel Service

8:30 a.m.

10:30 a.m.

12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at [saralyn.astrow.ctr@mail.mil](mailto:saralyn.astrow.ctr@mail.mil) or phone at (703) 806-3393.

6



# All active duty Soldiers to pin on corporal after BLC, promotion boards

By Joseph Lacdan  
Army News Service

Soldiers soon will shoulder the responsibilities of noncommissioned officers earlier in their careers, following a new Army directive that will promote all junior enlisted members to the rank of corporal prior to making sergeant.

Beginning July 1, all Soldiers with the rank of specialist who have been recommended for advancement by a promotion board and completed the Basic Leader Course will be laterally promoted to corporal, a junior NCO.

Soldiers who currently hold the corporal rank must qualify for the promotion board and graduate from BLC to remain corporals, or they will be laterally assigned

back to the grade of specialist.

Further, Soldiers who meet the requirements will wear the corporal rank regardless of the designated grade of their assigned duty positions as they make the transition to the NCO corps.

Soldiers will not receive additional pay when making corporal, nor will they lose any of their base salary if they transition back to specialist, said Sgt. Maj. Kenyatta Gaskins, Directorate of Military Personnel Management sergeant major.

The directive will apply to active duty Soldiers and Active Guard Reserve members. The instruction will apply to the Army Reserve starting Oct. 1.

“We want to get after leading, teaching and mentoring our junior

enlisted Soldiers early,” Gaskins said. “This is a junior leader development process and that’s how we’re looking at this.”

In the past, the Army selected Soldiers with leadership potential to higher graded positions to become corporals. Now Soldiers who have been recommended for promotion to sergeant and completed the required training will have that distinction.

Gaskins said that the length of time a Soldier spends as corporal will vary but each Soldier would be expected to wear the rank for a period of time before transitioning to sergeant.

“This is a change in culture,” Gaskins, who held the rank of corporal earlier in his career. “This is not something we’re used to.”

The change coincides with the Army’s plans to invest more in the leadership development of younger Soldiers, supporting Sgt. Maj. of the Army Michael A. Grinston’s “This is My Squad” initiative. That effort includes a push to strengthen the Army’s junior NCO

corps, and will instill more than just leadership skills.

Promotion boards to sergeant and staff sergeant include situational-based questions on sexual harassment, misuse of drugs and alcohol and suicide prevention. Soldiers will also be quizzed on suicide prevention, physical fitness and mental health to gauge their reaction to such incidents and to make sure they can care for Soldiers in those situations.

Under the directive, unit cohesion will be strengthened at the lowest levels by promoting Soldiers to corporal.

Gaskins said by developing leadership traits earlier in military careers, Soldiers will be able to identify and prevent what Army senior leaders have labeled as “corrosives” to the force including sexual assault and harassment, discrimination and suicide.

The Army also announced that beginning June 1, 2022, for active duty, and Active Guard Reserve Soldiers and Oct. 1, 2022, for Army Reserve, Soldiers must be recommended by a promotion board to sergeant before attending BLC.

**Instilling leadership early**  
One of the oldest ranks in the Army, the corporal rank has been called the “backbone” of the Army’s NCO corps, Gaskins said.

Corporals earn E-4 pay but outrank specialists having the distinction of being NCOs. The Army charges them with leading the Army’s smallest units, teams of Soldiers, while overseeing the care, training and readiness of fellow troops.

Now the rank carries possibly a greater distinction, one that highlights the Army’s commitment to developing responsible leaders early and to combat against misconduct.

“It’s a visual reminder that the Soldiers have transitioned from junior ranks to become a member of the NCO Corps,” Gaskins said.



Photo by Dario Cortese

Cpl. Brittney Lozoya-Salazar receives a medal and certificate from Col. Bryan Love, the 207th Military Intelligence Brigade commander, during an award ceremony at Caserma Ederle, U.S. Army Garrison Italy in Vicenza Sept. 18, 2020. Under a new Army directive, all active duty and Active Guard Reserve Soldiers who have been recommended for promotion to sergeant and have graduated from the Basic Leader Course will be laterally promoted to corporal beginning July 1. Soldiers who are currently corporals must meet both requirements in order to keep their rank or they will be designated as specialist.



# GOLF WITH US!

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Call 703-697-2706 for more information

# CHESTY'S 5K RACE

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FOR MORE INFORMATION  
PLEASE CALL 703-614-6332



# Army’s first openly gay general retires after inspiring others

By Thomas Brading  
Army News Service

Since Maj. Gen. Tammy Smith, the military’s highest-ranking openly gay officer, came out in 2012, she has tried being an example of living authentically while also being a beacon of visibility to other Soldiers and their Families.

It’s been nearly a decade since the “Don’t Ask, Don’t Tell” policy was repealed. The policy banned lesbians, gay men and bisexuals from serving in the military. Since then, Smith has gotten married, has been promoted not once but twice, and made history after coming out as a member of the LGBT community.

Last week, Smith, who was special assistant to the assistant secretary of the Army for manpower and reserve affairs, retired after 35 years of service.

In 2012, her promotion to brigadier general grabbed news headlines. The general never sought to make history that followed her decision to include her wife, Tracey Hepner, during the promotion ceremony. It terrified her to come out as gay in such a public way, but she felt a responsibility to do it, she said.

On a personal level, she thought, “Why wouldn’t I include my wife in my promotion?” she said. After all, it is not uncommon for Soldiers to celebrate promotions with their loved ones.

**The promotion ceremony**

Smith held her ceremony a year after the repeal of DADT. The entire event flipped everything Smith ever thought on its head. Smith used to think, “How do we keep our lives a secret?” she said. For the first time, it wasn’t a secret. The journalists made sure of it.

Smith knew showing the world she loved Hepner wouldn’t be easy. However, she hoped it would “signal to other Families they shouldn’t be afraid to have their Families around them,” she said. “I had trepidation and although I didn’t go running into it, I knew it was the right thing to do.”

As difficult as it was for her, coming out publicly as gay “may not have been as easy for someone who was at a lower rank,” Smith said in an interview.

On paper, the ceremony followed all the standard protocols for such an event. Friends and Family gathered, she raised her right hand and repeated all the lines asked of her. Then, at the heart of the event, two individuals who Smith loved pinned on her stars.

In her case, those individuals were her dad and Hepner, a woman who before DADT was repealed she couldn’t openly love.

The ceremony did not start until four in the afternoon. By three, the initial news articles published. It was official. The Army leader

who spent decades keeping her life a secret was publicly out to the entire world.

During the ceremony, Smith also noticed a public affairs officer briefing a three-star general about the news headlines. Knowing the Army was actively monitoring the media about her personal life may have been a minor detail, but it brought the weight of the situation into focus, she said.

The couple hadn’t told their Families anything about the event being any different from other promotion ceremonies. As much as they longed to be treated like everyone else, they weren’t yet.

Before they could be, the married couple had to take that first step of publicly declaring their love, while also giving visibility to the LGBT community. Smith walked into the event terrified but hopeful that once it was over, a similar event could go easier for the next person.

“Visibility helps people rid their minds of stereotypes held about a person or group of people,” she said.

According to Smith, to see someone of a different group, such as the LGBT community, and associate them as “a real person,” she said, helps replace the stereotypes some people may have in their mind.

Smith’s fears of a negative public outcry never came that day, or in the years that have followed, she said. In fact, they still receive positive messages each day.

“It’s rare for Tracey or me not to hear from someone in a formation, a Family member (to a service member) or someone who knows someone in the military,” Smith said, “either wanting to tell us about what they have read about us — how we inspired them. Even asking us questions about their daughters getting married to another woman, wanting to do everything right for the wedding.”



Maj. Gen. Tammy Smith, who retired last week after 35 years of service, her wife, Tracey Hepner, during Smith’s retirement ceremony. During her last assignment, Smith was the special assistant to the assistant secretary of the Army for manpower and reserve affairs.

*Courtesy photo*

**People first**

It’s that positive direction toward acceptance that Smith also believes the Army is moving to, she said.

When Army leaders say people first, “it’s more than a slogan,” she said. “The Army is moving toward a place it has always been moving toward, and that is you can’t deny competent people. You can’t deny a good work ethic.

“The Army is taking the time to put a strategy behind what it means to put people first. (The Army) wants you to feel included in this organization, so you want to stay and continue on this team.”

Soldiers reflect the diverse society they swore to defend, Smith said.

“As an all-volunteer force, Soldiers who come in reflect the type of people that live in our society, and I had the benefit of a 35-year view on this,” she said. “When I came in during the ‘80s, things were different for women and gay people, and now in 2021, the societal rules are different again.”

**‘Honest and authentic’**

One of the most rewarding parts of being married in the Army has also been the simplest joys. Things that may be trivial to others have meant the world to her and Hepner. One example has been living in on-post housing among other military Families who are “going about their regular Army lives every single day,” she said.

“I have seen many changes over the 35 years that I have had the privilege to serve,” she said. “I think the change has been positive, and it has strengthened our military. It has made it more accessible, because of the society for which we serve. I like the direc-

tion that we are heading with our people.”

Through her experience, Smith has understood that not only how to accept whom she is but also become an authentic version of herself, she said.

“There’s a journey that takes place between first acknowledgment and being honest (with yourself),” she said. “People must find comfort and push back some of that internalized homophobia, and build a bit on the journey between honest and authentic.”

Smith has been on that journey for a decade following her choice to come out publicly, and “now I feel very comfortable in my authenticity,” she said.

“You don’t know how much pain you’re in until you are no longer in it,” said Hepner, who co-founded the Military Partners and Families Coalition, an organization that supports LGBT military partners and their Families.

“We lived under the constraints of the law and it was painful,” Hepner said, regarding life before the policy was repealed. “I wish everybody could feel what it’s like to live authentically.”

That isn’t the case for everyone, she said. Many young Soldiers come into the Army at various points in that journey to living authentically. They may wonder if they can be honest with who they are and gauge where they are on the journey from honest to authentic.

“Overall, the Army is a place where you can do that,” Hepner said. “But, we can’t forget that even though the Army is inclusive, each person is still (somewhere) on that individual journey.”





Virginia National Guard aviators participate in an air operations exercise managed by the Virginia Department of Emergency Management May 10 at the Army Aviation Support Facility in Sandston, Virginia. The exercise aimed to test a new smartphone enabled mission-management platform for use during a large-scale emergency response such as a hurricane.

Photo by Sgt. 1st Class Terra Gatti

# Virginia National Guard tests hurricane response tools

By Sgt. 1st Class Terra C. Gatti  
JFHQ Public Affairs

Aviators from the Virginia National Guard participated in an exercise managed by the Virginia Department of Emergency Management to test the state’s hurricane response air operations plan May 10.

The exercise at the Army Aviation Support Facility in Sandston, Virginia, included the use of a new mission assignment tool and ensured communications capabilities between participating agencies.

“We’re coming up with a plan to coordinate air rescue during a disaster,” said Bryan Saunders, VDEM’s chief of search and rescue.

If a major storm were to hit the state, Saunders said, it could bring dozens of air assets from within and outside the state, making communication and coordination paramount to mission success.

“It’s not just our aircraft,” explained Col. William X. Taylor, state aviation officer for the Virginia National Guard. “You have people coming in from other states and you have to be able to put the same comms package on every aircraft.”

Alongside the VNG and VDEM, members of the U.S. Coast Guard, the Virginia State Police, the Federal Aviation Administration, the North Carolina National Guard and the North Carolina Department of Public Safety partici-

pated in the exercise. All would be key players in the event a significant weather event hit Virginia.

With the new air operations system in place, in the event of a catastrophic storm, participating aircraft would fly to Richmond, receive an in-brief and be rapidly ready to rescue Virginians in need.

“If we bring in 20 helicopters from other states, they come in, they do their brief, they get assigned their log in information and they’re out doing business in the next two hours after they get here,” said Chief Warrant Officer 5 Marvin McKenney, state standardization pilot for the Virginia National Guard.

During the exercise, four aircrews — two from the VNG and one each from the VSP and USCG — took to the skies to put the new mission assignment tool to the test. Each of the aircraft had several notional missions all assigned to them via an app the flight crews downloaded to their smart devices before take-off.

The app provides key details, like the location of the rescue and other relevant information. Flight crews can then fly to the aid of stranded citizens, rescue them and then, once the mission is complete, log the number of personnel rescued before heading off to the next mission. They can also react to and log unexpected missions if they find people needing aerial evacuation.

“Say they’re flying and they see somebody on a roof and they notice it’s not an assignment, they can hit an unassigned button, hoist those folks up and say, ‘We just rescued four from a mission we didn’t have in our device,’” Saunders explained.

On the back end, the app provides a snapshot of air operations in the form of a customizable dashboard. It can show how many flight crews are available and on mission, how many missions have been completed, how many people have been rescued, and more.

“It gives us much greater situational awareness as to where our guys are, what they’re doing, when we can task them, when they’re done with tasks,” McKenney explained. “It gives us a lot more fluid control instead of eating up a couple of hours to figure out what’s going on.”

The dashboard lets leaders know if their air assets are in the right location and if they have too many or too few crews responding.

“By looking at the dashboard, we can see, you know what, there’s 12 unassigned over here, but we’re not getting calls for requests, maybe we need to concentrate on that area, or do an overflight or something to make sure we don’t need to commit more resources to that area,” said Saunders.

The Atlantic hurricane season is from June 1 through Nov. 30.

### Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks

Cloth mask over medical procedure mask

Medical procedure mask with knotted ear loops and tucked-in sides

Mask fitter

Nylon covering over mask

Other effective options to improve fit include:

CDC.GOV [bit.ly/MMWR21021](https://bit.ly/MMWR21021) MMWR

DoD

## Safe Helpline

## Anonymous

support for sexual assault survivors in the military.

[safehelpline.org](https://safehelpline.org) | 877-995-5247

9



# News Notes

## JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for June 17 at 1 p.m. Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil).

## Debts owed

Anyone with debts owed to or by the estate of Staff Sgt. Hinojos, Kema. Company C, Troop Command, Walter Reed National Military Medical Center, must contact 1st Lt. Rita Marie Concannon the summary court officer for the Soldier. Hinojos recently passed away June 3. For more information, call Concannon at (610) 945-6384.

## Patton Hall pools to open

Patton Hall is set to open Father's Day weekend. Seasonal pool memberships are on sale from 10 a.m. to 4 p.m. Monday through Friday at the Patton Hall Community Club and Conference Center Catering Office. Print and fill out the application in advance online at <https://jbmhh.armymwr.com/programs/patton-hall-pools>.

## Arlington House reopens

The National Park Service Arlington House has reopened. Arlington House is now open daily from 9 a.m. to 4:30 p.m. To enter the plantation house, visitors need to obtain a timed-ticket through [recreation.gov](https://recreation.gov). No tickets are required to visit the museum, north and south slave quarters, grounds and gardens.

For more information, please visit <https://www.nps.gov/arho/learn/news/arlington-house-the-robert-e-lee-memorial-reopens-following-major-rehabilitation.htm?fbclid=IwAR2q-GMJRQftrda4rixakqucoO1ba-WfoZu-Xb05Cmf5WZ7YHj7mOcMsY2yM>.

## Education center upcoming events

The JBM-HH Army Education Hub provides many resources and opportunities including career briefings, credentialing assistance and counseling hours. To learn more about the education center, visit <https://home.army.mil/.../all-services/education-center>.

A credentialing assistance briefing will be held June 18 at 10 a.m. via Microsoft Teams. Registration to this event is required. Register online at [https://docs.google.com/forms/d/e/1FAIpQLSdMFIEFEgDm-D7g6NJj4QuhqADSOJQpnPbcJAjvyp0pG0pD5wg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdMFIEFEgDm-D7g6NJj4QuhqADSOJQpnPbcJAjvyp0pG0pD5wg/viewform?usp=sf_link).

A counselor hour briefing will be held June 30 at 11 a.m. with an education counselor who will be

able to answer questions about tuition assistance, ArmyIgnitED, credentialing assistance, the GIBill and more. To register, visit [https://docs.google.com/forms/d/e/1FAIpQLScNaZSm-RAnJ8pH6gKWhXWkPsSK-w0LTrMZUO6GWXPvUxSgYL-JQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScNaZSm-RAnJ8pH6gKWhXWkPsSK-w0LTrMZUO6GWXPvUxSgYL-JQ/viewform?usp=sf_link).

## Run with the Marines

The 2021 Marine Corps Marathon Weekend will be held live and in-person Oct. 29 to 31 in Arlington, Virginia, and the nation's capital. The 2021 MCM weekend includes the live 46th MCM, MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. If available, general entries to the live event opened to the public Wednesday at noon eastern. Please follow the MCM website at [marinemarathon.com](http://marinemarathon.com) and social media channels for updates. All questions may be directed to [MCMCustomerService@usmc-mccs.org](mailto:MCMCustomerService@usmc-mccs.org).

## AER campaign extended

The vice chief of staff of the Army has extended the 2021 Army Emergency Relief Annual Fund Campaign through Tuesday.

Active duty Soldiers and retirees may donate online by allotment. Credit card donations may be made online at <https://www.armyemergencyrelief.org/donate>, and to donate by check, please mail to Army Emergency Relief, 2530 Crystal Dr., Suite 13161, Arlington, VA 22202. Make sure to select JB Myer-Henderson Hall, Section #08076.

If there are any questions regarding donations, contact the local Army Emergency Relief officer at (703) 696-8435.

Thank you for supporting 2021 Army Emergency Relief Annual Fund Campaign.

## Smith Gym new hours

All JBM-HH gyms are currently open to DOD ID cardholders with an occupancy limit of 50. The Smith Gym at Henderson Hall has new hours. The Smith Gym operational hours are Monday through Friday from 5 a.m. to 7:30 p.m. and Saturday to Sunday from 8 a.m. to 2 p.m. Smith Gym workouts should do not exceed one hour. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers are open. The H.I.T.T. facility will be closed. Group workouts are prohibited. The Myer Fitness Center hours are Monday through Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. and the McNair Fitness Center hours are from 5 to 10 a.m. The locker rooms and sauna are closed at this time.

## AER education assistance for children

The Army Emergency Relief COVID-19 child care assistance

program and homeschool/remote learning assistance programs are need-based, 100% grant assistance programs for Soldiers and Army Families affected by the COVID-19 pandemic. Learn more online at the Army Emergency Relief website at <https://www.armyemergencyrelief.org/assistance/>. The programs are need based and Families must be impacted by the COVID-19 pandemic.

## Gate access

The Henry Gate pedestrian portal has completed maintenance and is operational. Please be advised that the turnstile at Ceremonial Gate at Fort McNair is experiencing intermittent out-ages. New or updated registration are not possible at this time. JBM-HH will let individuals know as soon as service is restored.

Individuals must activate CAC cards for Henry Gate portal access yearly. If a person has recently received a new CAC, he or she must reactivate his or her access by going to the Visitor Control Center. The VCC is open from 6 a.m. to 5 p.m. Monday through Friday and Saturday from 10 a.m. to 3 p.m.

For those who use the gate, please keep the following in mind that the gate will deactivate if sensors detect heavy objects. Likewise, only one person at a time can enter through the gate.

If an individual is having issues with the portal, call the military police nonemergency line at (703) 588-2800 or (703) 588-2801.

## Rader Clinic Tier 2 phase

In conjunction with the joint base, Rader Clinic continues to provide the Moderna COVID-19 vaccine in line with the Department of Defense population tiers. The clinic is now in Tier 2, which includes all active duty, Tricare beneficiaries age 18 and up and eligible DOD civilians and contractors. The COVID-19 vaccination is offered by appointment only. To schedule an appointment, please visit <https://informatics-stage.health.mil/RaderCOVIDApp> or Tricare Online at [www.tolsecuremessaging.com](http://www.tolsecuremessaging.com).

Please note, vaccine administration for those with appointments is now occurring at Rader Health Clinic. For additional updates on the COVID-19 vaccination campaign, please call the Rader Clinic COVID-19 vaccination automated hotline at (703) 696-2994.

Please continue to follow JBM-HH communications platforms including the joint base Facebook page, website and virtual town halls for the latest updates.

## Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and

its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

## Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

## Civilian leave assist

JBM-HH Directorate of Emergency services employee Marla A. Curry and Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OP-M630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at [www.opm.gov/forms/pdf\\_fill/opm630a.pdf](http://www.opm.gov/forms/pdf_fill/opm630a.pdf).

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at [www.opm.gov/forms/pdf\\_fill/opm630b.pdf](http://www.opm.gov/forms/pdf_fill/opm630b.pdf). Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at [maribel.rodriguez.civ@mail.mil](mailto:maribel.rodriguez.civ@mail.mil).

## Army Emergency Relief

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest-free loan, grant, or combination of the two.

If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-8435. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.